

Weekly Rundown

2-19-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 5:15-7:30 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-6:30 am	HP/SR 5:15-6:30 am	HP/SR 5:15-6:30 am	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45
JR 4:45-7:00	JR 5:15-7:00	JR 6:15-8:00 @UE	JR 6:15-8:00 @UE	Conference Meet @Jasper	Conference Meet @Jasper
G/S/B 5:30-7:00	G 5:30-7:00	G/S/B 7:00-8:30 @Downtown YMCA	G/S/B 7:00-8:30 @Downtown YMCA		
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00					

*All practices are held at the Deaconess Aquatic Center, unless stated otherwise.

The Missouri Valley Championships are being held this week at the DAC. Therefore, we have several changes to the schedule. We were just told that we can now practice on Tuesday at the DAC, so there are some changes to what was sent out a few weeks ago.

Coaches Corner

▶ Upcoming Events

- ▶ SISC Conference Championships (February 23-25)
 - ▶ **Updated meet information will be sent out later this week.**
- ▶ SW Indiana Divisional Championships (March 1-3)
 - ▶ **Registration Deadline: Wednesday February 21st**
- ▶ Indiana Senior State Championships (March 7-10)
 - ▶ **Registration Deadline: Wednesday February 28th**
- ▶ Indiana Age Group State Championships (March 15-17)
 - ▶ **Registration Deadline: Wednesday March 6th**
- ▶ We have over 80 swimmers signed up for the Conference Meet this weekend. We appreciate everyone who got signed up as we look to win the meet for the second year in a row. We are looking forward to watching our team compete!
- ▶ We appreciate everyone's flexibility with the different practice schedule this week!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Layla Hagan- 2/21
 - ▶ Emmett Bowman- 2/24

Positive Coaching Alliance

- ▶ Help Your Child Deal With Pre-Game Nerves
- ▶ This resource is from a case study in PCA Founder Jim Thompson's book Positive Sports Parenting. Your child is about to play in an important game. In the hours leading up to the game, you notice your child seems particularly nervous. As a Second-Goal Parent®, what should you do? Recognize that nervousness and fear are a part of sports. Particularly as kids get older, knowing that their performance matters can cause anxiety. The objective is to help your child learn to deal with the fear that often accompanies performances. This is much more important than how well he performs in this particular situation.
- ▶ <https://devzone.positivecoach.org/resource/book/help-your-child-deal-pre-game-nerves>

Thank You to our Sponsors!

